

A COMPARATIVE STUDY OF THE EMOTIONAL MATURITY AMONG THE PLAYING AND NON-PLAYING INFORMATION TECHNOLOGY PROFESSIONALS

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-ABSTRACT-

INTRODUCTION:

Now a day we observe many disputes among various groups either at schools, working places or in society, computer professionals are being no exception to it. The very reason of these disputes is higher side of ego and the desire without deserving the aimed. The rising competition among the unemployed and the struggle of maintenance among the employed is giving rise to stress, which is hard to sustain the demands. Computer professionals are the highly earning group, but at the same time they are prone to higher demands of completion within time. As everyone is aware about the IQ and we are now taking for granted that everybody is with more than average IQ, exceptions are subtracted; the need of EQ has come into existence for human relationships. The one who is with higher Emotional Quotient will survive in the competitive field maintaining relationships. Here the researcher and co-researcher are in pursuit to know about the level of emotional maturity among the IT professionals who were players at times and non-players.

PROCEDURE:

The data is collected from two different groups of Information Technology Professionals those who were involved in sports during their adolescent and those who do not have sports background. The first group named after Group-I is 'past Sportsman IT Professionals' ranging between the age group of 25 years to 30 years and the second group named Group-II is non-sportsman of the similar age group. In all 112 subjects were selected out of which 50 were 'sportsmen' and 62 were 'non-sportsmen'. The data is then segregated for knowing respective Emotional Maturity Level among the two different IT Professional groups.

METHODOLOGY:

Emotional Maturity Scale (EMS) (Singh and Bhargave, 1991): this scale has 48 questions related to the following 5 categories: Emotional Stable, Emotional Regression, Social maladjustment, Personality disintegration and Lack of independence. The test-retest reliability has been estimated at 0.75 and validity against the Adjustment Inventory by Singh and Bhargava (1980) at 0.64.

CONCLUSION:

From the total average scores 58 and 71 of all the factors it is clear and can be concluded that the playing and non-playing IT professionals are emotionally mature.

(AN ABSTRACT FOR THE INTERNATIONAL CONGRESS ON CONTEMPORARY ENRICHMENT IN PHYSICAL EDUCATION AND SPORTS SCHEDULED ON 10TH, 11TH AND 12TH JANUARY 2012 AT DEPARTMENT OF PHYSICAL EDUCATION, UNIVERSITY OF MUMBAI, MAHARASHTRA, INDIA)

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INTRODUCTION:

Now a day we observe many disputes among various groups either at schools, working places or in society, computer professionals are being no exception to it. The very reason of these disputes is higher side of ego and the desire without deserving the aimed. The rising competition among the unemployed and the struggle of maintenance among the employed is giving rise to stress, which is hard to sustain the demands. Computer professionals are the highly earning group, but at the same time they are prone to higher demands of completion within time. As everyone is aware about the IQ and we are now taking for granted that everybody is with more than average IQ, exceptions are subtracted; the need of EQ has come into existence for human relationships. The one who is with higher Emotional Quotient will survive in the competitive field maintaining relationships. Here the researcher and co-researcher are in pursuit to know about the level of emotional maturity among the IT professionals who were players at times and non-players.

As emotions do play central role in life of an individual, one is expected to have higher emotional maturity in order to lead an effective life. It is also true that our behaviour is constantly influenced by the emotional maturity level that we possess.

Emotional maturity is not only the effective determinant of personality pattern, but is also helps to control the growth of adolescent's development. The concept 'mature' emotional behaviour of any level is that which reflects the fruits of normal emotional development. A person who is able to keep his emotions under control, which is able to break delay and to suffer without self pity, might still be emotionally stunned and childish. According to Walter et. al. (1976) emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra personality. Emotional stability is one of the seventh important indicators of mental health. It simply means being grown up so that one may be able to personally manage his/ her desires and feelings and may be better able to cope up the adverse life situations in a most benefiting and socially approved manner. The most outstanding mark of emotional maturity is ability to bear tension. The emotionally mature is not one who necessarily has resolved all conditions that aroused anxiety and hospitability but it is continuously in process of seeing himself / herself in clearer perspective, continually involved in a struggle to gain healthy integration of feeling and thinking action.

Many criteria have been suggested to evaluate the concept of maturity. A few of them are being mentioned below:

According to Bernard (1954) following are the criteria of mature emotional behaviour:

- * Inhibition of direct expression of negative emotions
- * Cultivation of positive, up-building emotions.
- * Development of higher tolerance for disagreeable circumstances
- * Increasing satisfaction from socially approved responses
- * Increasing dependence of actions
- * Ability to make a choice and not brood about other choices
- * Freedom from unreasonable fear
- * Understanding and action in accordance with limitations

* Awareness of the ability and achievement of others.

PROCEDURE:

The data is collected from two different groups of Information Technology Professionals those who were involved in sports during their adolescent and those who do not have sports background. The first group named after Group-I is 'past Sportsman IT Professionals' ranging between the age group of 25 years to 30 years and the second group named Group-II is non-sportsman of the similar age group. In all 112 subjects were selected out of which 50 were 'sportsmen' and 62 were 'non-sportsmen'. The data is then segregated for knowing respective Emotional Maturity Level among the two different IT Professional groups.

Administration of the Test:

(A) PRECAUTIONS: (1) Good rapport has established with the subjects. The subjects have not allowed reading the statements prior to the actual administration of the test. All the instructions, queries and doubts of the subjects regarding the test had been clarified by the researcher.

(B) INSTRUCTIONS: The subjects were instructed as per the instructions for proper administration of the test.

(C) ACTUAL ADMINISTRATION:

Emotional Maturity Scale (EMS) was given to the subjects above instructions were given. After being confirmed that the subjects have understood the instructions clearly, the actual administration of the test was carried out. The respondents read each question carefully and selected one alternative answer out of five, which suited him/her best and put a (X) in the appropriate box. When he/ she completed the test, it was taken back from him / her.

METHODOLOGY:

Description of the test:

Emotional Maturity Scale (EMS) (Singh and Bhargava,1991): this scale has 48 questions related to the following 5 categories: Emotional Stable, Emotional Regression, Social maladjustment, Personality disintegration and Lack of independence. The test-retest reliability has been estimated at 0.75 and validity against the Adjustment Inventory by Singh and Bhargava (1980) at 0.64.

Tools:

Dr. Yashvir Singh and Mahesh Bhargava's Emotional Maturity Scale, paper and pencil

Scoring:

Emotional Maturity Scale has 48 items under the five categories given below:

Sr. No.	AREAS	TOTAL NO. OF ITEMS
A	Emotional Stability	10
B	Emotional Regression	10
C	Social Maladjustment	10
D	Personality Disintegration	10
E	Lack of Independence	8
	Total	48

EMS is a self-reporting five point scale. Five responses categories are: Totally agree; Agree; can't say; Disagree; Totally Disagree. In order to avoid monotony on the part of respondents due to repetition of response categories in words have been given only on the top of right hand side and against each item five numbers from 5 to 1 are provided. The encircled number indicated the subject's score on that particular item.

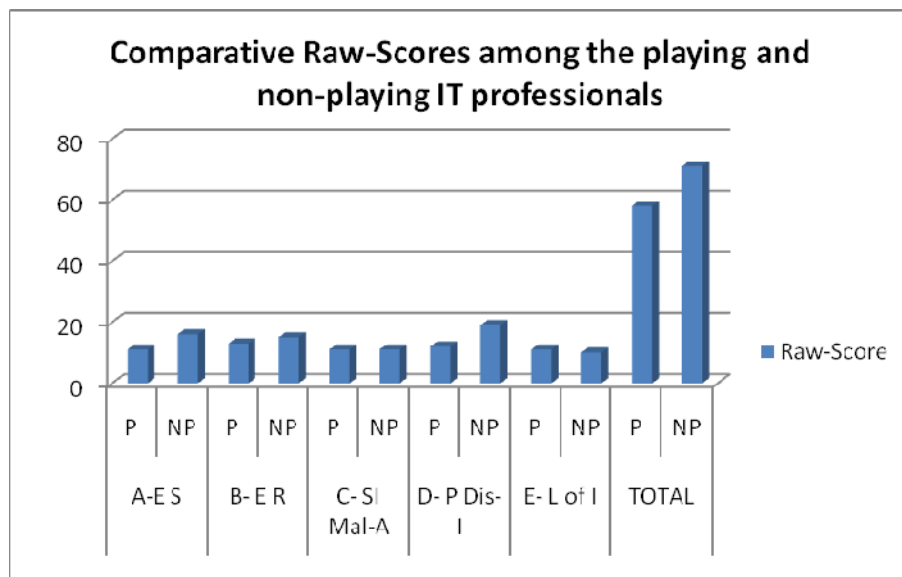
Interpretation of Scores:

SCORES	INTERPRETATIONS
50 – 80	Extremely Stable
81 – 88	Moderately Stable
89 – 106	Unstable
107 – 200 and above	Extremely Unstable

FINDINGS:

RESULT TABLE:

Area	A-Emotional Stability		B- Emotional Regression		C- Social Mal-adjustment		D- Personality Dis-integration		E- Lack of Independence		TOTAL	
Category	P	NP	P	NP	P	NP	P	NP	P	NP	P	NP
Raw-Score	11	16	13	15	11	11	12	19	11	10	58	71



1. It is evident from the results table that the factor Emotional Stability of the Playing and Non-playing IT professionals are slightly differing in their average scores viz. 11 and 16, which states that the Playing background IT professionals have slightly higher Emotional Stability than the Non-playing IT Professionals.

2. It is evident from the results table that the factor Emotional Regression of the Playing and Non-playing IT professionals are slightly differing in their average scores viz. 13 and 15, which states that the Playing background IT professionals have negligible higher Emotional Regression than the Non-playing IT Professionals.

3. It is evident from the results table that the factor Social Maladjustment of the Playing and Non-playing IT professionals having no difference in their average scores viz. 11 and 11, which states

that the Playing background IT professionals have similar Social Maladjustment to that of the Non-playing IT Professionals.

4. It is evident from the results table that the factor Personality Disintegration of the Playing and Non-playing IT professionals are slightly differing in their average scores viz. 12 and 19, which states that the Playing background IT professionals have remarkable higher Personality Disintegration than the Non-playing IT Professionals.

5. It is evident from the results table that the factor Lack of Independence of the Playing and Non-playing IT professionals are similar in their average scores viz. 11 and 10, which states that the Playing background IT professionals have slightly lesser Lack of Independence than the Non-playing IT Professionals.

6. It is evident from the results table that the total of the Emotional Maturity Scale of the Playing and Non-playing IT professionals are slightly differing in their total scores viz. 58 and 71, which states that the Playing background IT professionals have slightly higher Emotional Maturity than the Non-playing IT Professionals, but at the same time it is stated from the norms that the IT professionals either playing or non-playing have Extremely Stable Maturity.

CONCLUSION:

From the total average scores 58 and 71 of all the factors it is clear and can be concluded that the playing and non-playing IT professionals are emotionally mature.

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